

MOVE IT! *FOR YOUR BODY FOR YOUR HEALTH FOR YOUR SELF*

Affordable, Flexible, Convenient! Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. It's easy, it's affordable, so what are you waiting for? MOVE IT!



Gut and Glutes

Lift and tighten your rear, decrease belly fat and tone your abs, and don't forget about your legs. Don't get mad, get even, and in the best shape of your life in this class that incorporates step, cardio, weights, and mat work, to help you seek your ultimate revenge, a new toned you!

Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45 minute class could give you a new look without the chisel. We start with a 10 minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

Dance Aerobics

Do you have the urge to go dancing but no interest in nightclubs? Well, this is the class for you! Here is your chance to get fit while learning moves you've always wanted to try, from hip hop to the cha cha. Whether you're a pro athlete or beginner, this class is guaranteed fun and a great cardio workout. So, stop dancing alone in your living room. Come join the party and get your groove on. Let's dance!

Low-Impact Aerobics **NEW TIME!**

Start your day out right. This class is designed for people of all ages and fitness levels. Come join the fun fat burning, muscle toning, keep-it-moving class! Please bring a mat and large towel to class for floor work. Good for all ages.

Strength and Stretch **NEW TIME!**

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.

Power Hour **NEW!**

This is the opportunity to change your workout! Whether you're just beginning or looking to boost your exercise regimen, Laura will challenge you to give it your supreme effort and take yourself to the next level. Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

North Kirkland Community Center
12421 103rd Ave NE, Kirkland WA
425.587.3350

/// Jane's early morning workout classes offer total body workout with strength, stretch, and aerobic exercise. A variety of music, alternative options, enthusiasm, friendship, and the rest of the morning free! /// — Jane V.



**STILL MORE AFFORDABLE THAN
YOUR LOCAL FITNESS CLUB!**

FALL 2012

All classes on this page included with your
Move It! Pass: Resident \$114 / Non-Resident \$136
To register use class #37000

Pilates/Strength Work

Pilates is a unique form of strength work that emphasizes the mind/body connection. Our lively class combines Pilates with the use of hand weights, body mechanics, and rubber tubing for improved strength, flexibility, and balance. Become fitter and healthier in new ways! Bring hand weights and a mat to class.

Pilates/Yoga

Combine the benefits of core conditioning Pilates movement with gentle restorative fitness-based yoga movements for an effective, balanced workout. Increase strength, coordination and flexibility in new ways with this blended format. Please bring a mat to class.

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Zumba

New Class Added on Mondays!

Also join us Thursday evenings and Saturday mornings. Zumba is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

MORNING CLASSES

14 weeks // Sept 10–Dec 22 // No class 10/26, 11/12, 11/19-24

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour NEW!	9:15–10:15am	Laura
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

14 weeks // Sept 10–Dec 22 // No class 10/26, 11/12, 11/19-24

DAY	CLASS NAME	TIME	INSTR.
Mon	Zumba NEW!	5:30–6:15pm	Jill
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Pilates/Strength	7:25–8:10pm	Joleen
Tue	Body Sculpting	5:30–6:15pm	Sandra
Tue	Dance Aerobics	6:20–7:10pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Pilates/Yoga	7:25–8:10pm	Joleen
Thur	Body Sculpting	5:30–6:15pm	Sandra
Thur	Gut and Glutes	6:20–7:10pm	Laura
Thur	Zumba	7:15–8:15pm	April

/// Ages 16 through adult /// Passes are available at any time during the quarter at full price /// A Personal Wellness Survey must be completed by all participants before working out /// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising /// Call Recreation Hotline 425.587.3335 if class cancellation is in question

MOVE IT!

WINTER 2013

All classes on this page included with your
Move It! Pass: Resident \$98 / Non-Resident \$117
To register use class #37001

MORNING CLASSES

12 weeks // January 7–March 30 // No class 1/21, 2/18

DAY	CLASS NAME	TIME	INSTR.
Mon	Power Hour NEW!	9:15–10:15am	Laura
Tue	Strength & Stretch	8:00–9:00am	Jane
Wed	Strength & Stretch	8:00–9:00am	Jane
Wed	Power Hour	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Jane
Fri	Low Impact Aerobics	8:00–9:00am	Jane
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

12 weeks // January 7–March 30 // No class 1/21, 2/18

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Wed	Circuit Training	6:30–7:20pm	Joleen
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Fitness

Strength & Tone Aerobics

Join Charlene for this fun and friendly class that incorporates non-jumping, low impact aerobics with weights and mat work. All fitness levels are welcome, work at your pace to move and feel better.

Bring mat or rug • Location: PKCC

Instructor: Charlene Watson • 15 classes

No class 9/25, 10/11, 11/22, 12/25, 1/1, 2/14, & 3/14

Resident \$47 / Non-Resident \$56

Tue/Thur	9–10am	Sept 4–Oct 30	36461
Tue/Thur	9–10am	Nov 6–Jan 3	36462
Tue/Thur	9–10am	Jan 8–Feb 28	36463
Tue/Thur	9–10am	Mar 5–Apr 25	36464

Zumba® Gold NEW DAY

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

Wear athletic shoe • Location: PKCC

Instructor: Joan Wilde

4 classes Tuesdays No class 9/25, 12/25, 1/1 & 2/19

Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Sept 4–Oct 2	36665
Tue	10:30–11:30am	Oct 9–30	36666
Tue	10:30–11:30am	Nov 6–27	36667
Tue	10:30–11:30am	Dec 4–Jan 8	36668
Tue	10:30–11:30am	Jan 15–Feb 5	36673
Tue	10:30–11:30am	Feb 12–Mar 5	36674
Tue	10:30–11:30am	Mar 12–Apr 2	36675

4 classes Thursdays No class 10/11, 11/22 & 2/14

Resident \$35 / Non-Resident \$42

Thur	10:30–11:30am	Sept 6–27	36669
Thur	10:30–11:30am	Oct 4–Nov 1	36670
Thur	10:30–11:30am	Nov 8–Dec 6	36671
Thur	10:30–11:30am	Dec 13–Jan 3	36672
Thur	10:30–11:30am	Jan 10–31	36676
Thur	10:30–11:30am	Feb 7–Mar 7	36677

THRILLER ALL AGES!

Channel your inner zombie by learning the famous Michael Jackson dance that took the world by storm, better known as THRILLER! Then join our friends at Redmond Town Center on October 27th for the Eastside Thrill the World Zombie Dance Party, an event fundraiser for Second Story Repertory, or rise to the occasion and show off your dance skills at one of the many Thriller events going on around the greater Seattle area.

Location: NKCC • 3 weeks
#37553 • Resident \$15
Non-Resident \$18

SUNDAYS
SEPT 3-OCT 21
1:30-3:00PM

Zumba®

Working out can be healthy and rewarding and now it's more fun than ever before! Zumba® combines Latin rhythms with easy to follow moves that make for a fantastic fitness program that will tone and sculpt your body. All abilities welcome.

Location: PKCC • Instructor Rhianna Ryer • 6 classes
No Class 12/25 & 1/1 • Resident \$68 / Non-Resident \$82

Tue	5:45-7:15pm	Sept 4-Oct 9	36415
Tue	5:45-7:15pm	Oct 16-Nov 20	36416
Tue	5:45-7:15pm	Nov 27-Jan 15	36417
Tue	5:45-7:15pm	Jan 22-Feb 26	36418
Tue	5:45-7:15pm	Mar 5-April 9	36419

Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Location: PKCC

6 classes Mondays No class 10/29, 11/12, 1/21, & 2/18
Resident \$54 / Non-Resident \$65

Mon	5:30-6:30pm	Sept 10-Oct 15	36681
Mon	5:30-6:30pm	Oct 22-Dec 10	36682
Mon	5:30-6:30pm	Jan 7-Feb 25	36685
Mon	5:30-6:30pm	Mar 4-April 8	36686

6 classes Wednesdays No class 10/31, 11/21, & 12/26
Resident \$54 / Non-Resident \$65

Wed	5:30-6:30pm	Sept 5-Oct 10	36683
Wed	5:30-6:30pm	Oct 17-Dec 5	36684
Wed	5:30-6:30pm	Dec 12-Jan 23	36687
Wed	5:30-6:30pm	Jan 30-Mar 6	36688
Wed	5:30-6:30pm	Mar 13-Apr 17	37087

Running For Fun and Fitness

Ages 16 years and up

This nine week class meets two days per week and is designed to help you reach a new level of fitness while teaching you about how to make running an integral part of a healthy lifestyle. Your experienced instructor will provide personal direction and instruction within a fun group training environment. Participants should be able to comfortably complete at least a twenty minute run at a pace between 7 and 11 min/miles. In this class you will learn about nutrition, training gear, dynamic and static stretching and cross training basics. You will gradually increase your training distances and fitness over the course of the class. And best of all, you will be inspired and motivated by a new group of friends. Your goal? To make the 12k's of Christmas fun run a "reunion" with your new running friends!

Tuesday Heritage Hall, 203 Market St.

Thursday Everyday Athlete in Juanita, 11829 98th Ave NE

9 weeks • Resident \$144 / Non-Resident \$173

Tues & Thur	6:30-7:30pm	Sept 11-Nov 8	37542
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Aerobic Kick Boxing

This class blends your hidden personal powers with the tried and true technique of personal self-defense, dance, and kick boxing, all set to today's hottest music. It's easy. There's no complicated choreography to make you feel out of step. Participants from all walks of life describe the experience as energizing, explosive, uplifting, and just plain fun!

Location: Miller's Martial Arts Academy, 8920 122nd Ave, NE Kirkland • 10 weeks • Resident \$71 / Non-Res. \$85

Sat	9-9:45am	Sept 15-Nov 17	37332
Sat	9-9:45am	Jan 12-Mar 16	37333



Women's Self Defense **NEW!** @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? You wonder if someone intends to harm you. In just 5 hours you'll learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. This is a great class to take with a friend.

Bring a light lunch or snack, and a water bottle

Instructor: Joann Factor • Location: NKCC

Resident \$97 / Non-Resident \$116

Sat	11am-4pm	Sept 22	37334
Sat	11am-4pm	Jan 19	37335